

Physical Education Elective in HKDSE

Curriculum Aims

The PE Elective curriculum aims at enabling students to:

1. acquire the knowledge and skills, and develop the values and attitudes necessary to pursue an active and healthy life in a self-regulated manner;
2. become responsible citizens who contribute to the building of a healthy community and are themselves vigorous, vital and able to convince others to adopt an active and healthy lifestyle;
3. integrate physical skills with theoretical learning and use them to support and strengthen their conceptual understanding and higher-order thinking;
4. construct knowledge by linking the understandings they develop in PE, sport and recreation with those in other disciplines, and make use of this knowledge in further education and career development;
5. apply theories to enhance performance or participation in PE, sport and recreation;
6. develop positive sport-related values, attitudes and desirable moral behaviour, and transfer them to their daily life;
7. develop the generic skills for lifelong learning.

香港中學文憑體育選修科

課程宗旨

體育選修科旨在使學生能夠：

1. 掌握體育的知識與技能，並培養積極的態度，俾能自我調控地實踐活躍健康的生活；
2. 成為活力充沛、活躍及健康生活的典範，關心並以實際行動建構健康社區的盡責公民；
3. 把體育技能融入理論學習，以增強理解及拓展高階思維；
4. 將體育、運動及康樂方面的知識結合其他科目，並建構新知識，為日後升學和事業發展做好準備；
5. 應用理論以增強體育、運動及康樂方面的表現或參與；
6. 培養與體育相關的正面價值觀、積極的態度和良好道德行為，並應用至生活其他方面；
7. 提升共通能力，促進終身學習。

Assessment Method

MODE OF ASSESSMENT (HKDSE)

The theoretical examination serves to assess the knowledge candidates have acquired in the course of studying PE. Different kinds of items will be used to assess students' performance in a broad range of abilities. The practical examination serves to assess candidates' competence in two selected physical activities and the level of physical fitness attained.

Paper 1 comprises two sections, A and B. Section A consists of multiple-choice questions and Section B consists of short questions. Candidates have to attempt all questions in Paper 1.

Paper 2 consists of three long questions set on three different themes of the curriculum. Candidates have to attempt any two questions in this paper.

Paper 3 consists of assessment routines for physical activities and physical fitness. Candidates have to demonstrate competence in two selected physical activities and each carries 131/3% of the subject mark. The level of physical fitness attained carries 131/3% of the subject mark. The choices of two groups of physical activities are as follows:

Physical Activity 1: Badminton / Basketball / Football / Volleyball / Table Tennis / Handball (choose one)

Physical Activity 2: Athletics / Gymnastics / Swimming (choose one)

Component		Weighting	Duration
Public Examination	Paper 1 Multiple-choice & short questions	42%	2 hours 15 minutes
	Paper 2 Long questions	18%	1 hour 15 minutes
	Paper 3 Practical Examination	40%	--

評核方法

評核模式(中學文憑試)

體育科的理論考試用作評核考生在體育課程所學習到的知識。考試採用不同類型的試題來評核考生各種能力的表現。體育科的實習考試用作評核考生在兩項選定體育活動的能力及體適能的水平。

試卷一由甲、乙兩部組成。甲部是多項選擇題，乙部是短答題。考生須回答試卷一的全部試題。

試卷二設有課程範圍內三個不同主題的三題長答題，考生須選答其中兩題。

試卷三設有體育活動及體適能的評核程序。考生須展示在兩項選定體育活動的能力，每項佔本科分數 $13\frac{1}{3}\%$ ；體適能的水平佔本科分數 $13\frac{1}{3}\%$ 。體育活動的兩組選項如下：

體育活動1：羽毛球/籃球/足球/排球/乒乓球/手球（選擇一項）

體育活動2：田徑/體操/游泳（選擇一項）

部分		比重	時間
公開考試	卷一多項選擇題和短答題	42%	兩小時十五分鐘
	卷二長答題	18%	一小時十五分鐘
	卷三實習考試	40%	---

MODE OF ASSESSMENT (SCHOOL)

	Written test	Practical test (Fitness/Athletics/Swimming/Ball Games)	Course work
S4 First Term Exam	60%	15%	25%
S4 Uniform Test	40%	20%	40%
S4 Final Exam	60%	10%	30%
S5 First Term Exam	60%	15%	25%
S5 Uniform Test	40%	20%	40%
S5 Final Exam	60%	10%	30%
S6 First Term Exam	60%	20%	20%
S6 Final Exam	60%	40%	-

評核模式 (校內)

	筆試	實習試(體適能/田徑/游泳/球類)	日常課業
中四級上學期考試	60%	15%	25%
中四級統一測驗	40%	20%	40%
中四級期終考試	60%	15%	25%
中五級上學期考試	60%	15%	25%
中五級統一測驗	40%	20%	40%
中五級期終考試	60%	15%	25%
中六級上學期考試	60%	20%	20%
中六級期終考試	60%	40%	-

Lesson activities

課堂活動



Group Activity
小組活動



BOCHK Schools Sports Volunteer Scheme (Helper)
中銀香港學界體育志願者計劃(服務)



Visit to the Hong Kong Tennis Open
香港網球公開賽導賞



Circuit Training
循環訓練

Fitness Training

體適能訓練

